

West Nile Virus

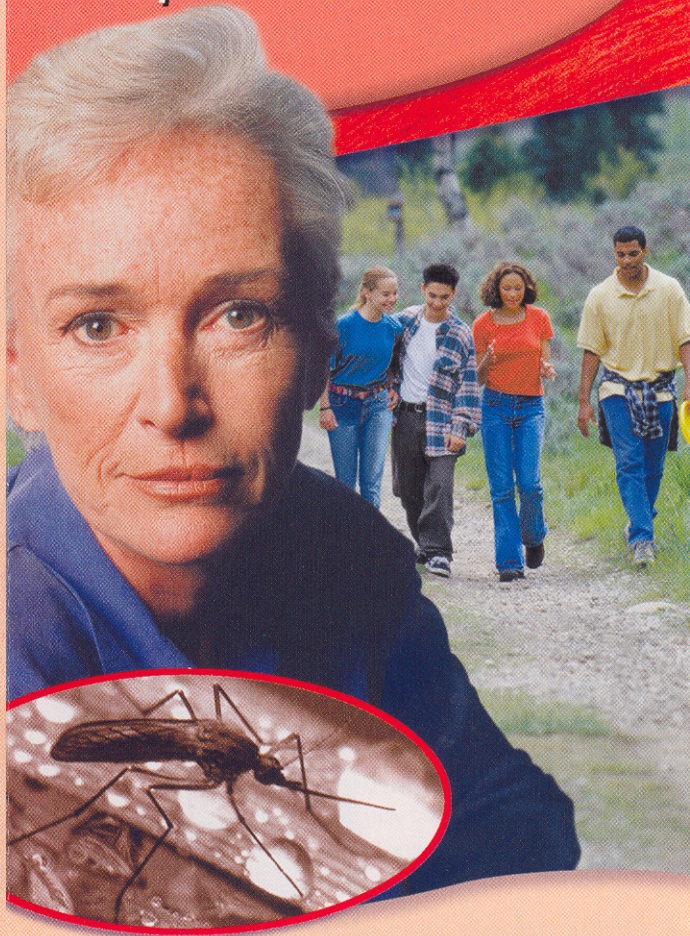
*and other
mosquito-borne diseases*



For more information about
West Nile Virus
and to report complaints
visit or call:

www.maricopa.gov/wnv

Hotline
(602) 506-0700



What is West Nile virus?

It's one of a group of viruses spread by mosquito bites.

Mosquito-borne viruses, such as encephalitis and dengue fever, are not new to the U.S. West Nile virus is more recent, and is a growing health concern.

West Nile virus can cause mild to severe illness.

Most people who get infected do not get sick. Some get a mild, flu-like illness. In rarer cases, the virus can affect the brain and spinal cord, and can be fatal.

West Nile virus is cause for awareness—not panic.

Learning about the virus and ways to prevent infection is key. Steps you take can help protect you from other mosquito-borne diseases, too.

Please read:

Talk to your health-care provider! This folder is not a substitute for the advice of a qualified health-care provider. • The photos in this folder are of models. The models have no relation to the issues presented.

How is West Nile virus spread?

Some birds carry the West Nile virus in their blood.

Mosquitoes that bite these birds can become infected with the virus.

An infected mosquito can then pass the virus to people.

Mosquitoes can also pass it to some animals, such as horses. Ask a veterinarian about the virus and pets. There's no evidence that people get the virus from birds or other animals.

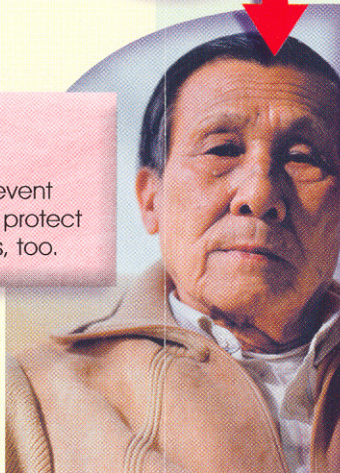
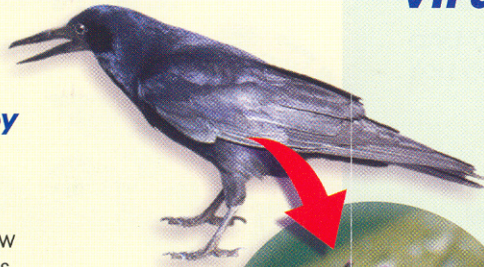
The virus is not spread from person to person the way colds are.

But, in a very small number of cases, the virus has been spread through blood transfusions, transplanted organs and breastfeeding, and from mother to child during pregnancy. **If you have concerns about these possible modes of transmission, talk with your health-care provider.** You **cannot** get the virus by giving blood.

Communities and health agencies are working hard to protect public health

through:

- mosquito monitoring and control
- research for new tests and treatments, and possibly a vaccine
- public education.



Stopping mosquitoes

is the key to stopping West Nile virus. Limiting their habitat helps limit the spread of the virus.

Empty sources of standing water.

Mosquitoes lay eggs in standing water. Here are some tips:

- Every 2-3 days, drain water from outside pet dishes, garbage cans, buckets, toys, flower pots, wading pools, pool covers, birdbaths and other objects that can collect water.
- Discard any old tires and unused containers.
- Clean gutters.
- Drill holes in the bottoms of recycling bins.
- Properly treat water in larger pools and home ponds. Contact your state's department of health for guidelines.

Keep mosquitoes off you.

- When possible, stay inside at dusk, dawn and other times of heavy mosquito activity.
- Wear long sleeves, long pants and socks. Light-colored clothing is best.
- Keep window and door screens repaired.

Mosquitoes like tall grass and weeds. Keep these cut.



Use insect repellent properly.

Follow all label directions exactly. In general:

- Use a repellent with DEET.* (Do not use DEET on children under 2. Ask your health-care provider what concentration of DEET is appropriate for you and for your children.)
- Put repellent only on exposed skin and clothes (not near eyes, nose or mouth, or on cuts, irritated skin or children's hands).
- Wash exposed skin and clothes after coming indoors.
- If you are pregnant or breastfeeding, ask your health-care provider before using any chemical product.

*Label may not say "DEET." Look for *N,N*-diethyl-*m*-toluamide, or *N,N*-diethyl-3-methylbenzamide.

Know what your community is doing.

For example, communities may be:

- monitoring and testing mosquitoes, dead birds and dead horses (report dead birds and horses as instructed—don't touch them with bare hands, since they may carry many diseases)
- controlling mosquitoes by killing larvae or adult mosquitoes (methods will vary).

Pesticides and how they're used are tested for safety by the U.S. Environmental Protection Agency (EPA). Contact state or local officials, such as your health department, to find out what your community is doing about West Nile virus.

We all need to do our part to stop mosquito-borne diseases.

Know the symptoms of West Nile virus.

If any symptoms appear, they generally show in 3-15 days.

Milder symptoms

may include:

- fever
- headache
- body aches
- rash
- swollen glands.

See your health-care provider to determine if treatment is necessary.

Severe symptoms

may include:

- high fever
- severe headache
- stiff neck
- muscle weakness
- confusion
- tremors
- convulsions
- paralysis
- coma.

Severe cases may require hospitalization.

Older people and others with weakened immune systems

are most at risk for severe illness. But West Nile virus can affect anyone.

If you think you may have symptoms, contact your health-care provider immediately.

Learn more about West Nile virus

and other mosquito-borne diseases. You can contact:

Your health-care provider

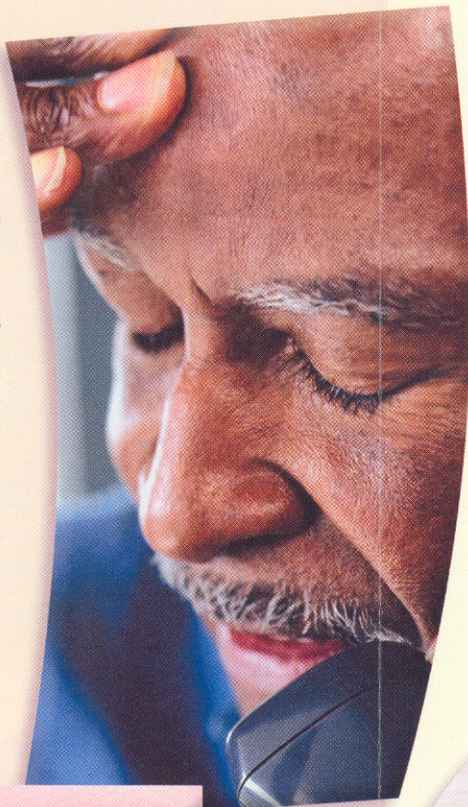
Talk with him or her about any questions or concerns you may have.

Your local or state public health department

Look in the phone book under listings for your town, city or state.

National resources

- The U.S. Centers for Disease Control and Prevention
1-888-246-2675 (English)
1-888-246-2857 (Spanish)
1-866-874-2646 (TTY)
www.cdc.gov/westnile
- The National Pesticide Information Center
(a cooperative effort of Oregon State University and the U.S. EPA)
1-800-858-7378
<http://npic.orst.edu>



Stay aware and take steps to stay safe from West Nile virus and other mosquito-borne diseases.